We claim:

1. A method for delaying gastric emptying and increasing receptive relaxation in individuals in need thereof which is comprised of administering orally an effective amount of (–)-hydroxycitric acid or one or more pharmaceutically effective and acceptable salts or derivatives of (–)-hydroxycitric acid selected from the group consisting of the free acid or its lactone, the alkali metal salts potassium or sodium (–)-hydroxycitrate, the alkaline earth metal salts calcium or magnesium (–)-hydroxycitrate, a mixture the alkali metal salts and/or the alkaline earth metal salts of (–)-hydroxycitrate or some mixture of alkali metal salts and alkaline earth metal salts of (–)-hydroxycitrate or in the form of therapeutically effective amide and/or ester derivatives of (–)-hydroxycitric acid.

2. A method for influencing glucagon-like peptides in individuals in need thereof which is comprised of administering orally an effective amount of (–)-hydroxycitric acid or one or more pharmaceutically effective and acceptable salts or derivatives of (–)-hydroxycitric acid selected from the group consisting of the free acid or its lactone, the alkali metal salts potassium or sodium (–)-hydroxycitrate, the alkaline earth metal salts calcium or magnesium (–)-hydroxycitrate, a mixture the alkali metal salts and/or the alkaline earth metal salts of (–)-hydroxycitrate or some mixture of alkali metal salts and alkaline earth metal salts of (–)-hydroxycitrate or in the form of therapeutically effective amide and/or ester derivatives of (–)-hydroxycitric acid.

3. A method for influencing cholecystokinin in individuals in need thereof which is comprised of administering orally an effective amount of (–)-hydroxycitric acid or one or more pharmaceutically effective and acceptable salts or derivatives of (–)-hydroxycitric acid selected from the group consisting of the free acid or its lactone, the alkali metal salts potassium or sodium (–)-hydroxycitrate, the alkaline earth metal salts calcium or magnesium (–)-hydroxycitrate, a mixture the alkali metal salts and/or the alkaline earth metal salts of (–)-hydroxycitrate or some mixture of alkali metal salts and alkaline earth metal salts of (–)-hydroxycitrate or in the form of therapeutically effective amide and/or ester derivatives of (–)-hydroxycitric acid.

4. The method of claim 1 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount as the free acid, its lactone or as one or more of the salts or other derivatives of the free acid and is delivered in a controlled release form.

5. The method of claim 1 where the salts or derivatives are administered orally as a tablet or capsule wherein the contents of said capsule or tablet further comprise sodium bicarbonate, calcium carbonate, or potassium bicarbonate for producing carbon dioxide gas on contact with the stomach liquids wherein the amount of sodium bicarbonate, calcium carbonate or potassium bicarbonate is sufficient to cause the breakup of the capsule or tablet thus releasing the salts or derivatives, but insufficient to cause distension of the stomach.

6. The method of claim 1 where the salts or derivatives are administered orally as a tablet or capsule wherein the contents of said capsule or tablet further comprise sodium bicarbonate or potassium bicarbonate plus alginic acid; also capsules or tables containing sodium or potassium alginate.

7. The method of claim 1 where the salts or derivatives are administered orally as dry packaged powders designed to be mixed with water or juice and consumed between meals or prior to meals.

8. The method of claim 1 where the salts or derivatives are administered orally and are further encased in materials selected from the group consisting of gelatin, tapioca, gums, pectins, inulin, cellulose derivatives, alginic acid, dextran and dextrin for inclusion in thick drinks, soft-center bars and candies, pudding snacks, jelly-like confections, "gummy" deliveries and liquid meal replacements.

9. The method of claim 1 where the salts or derivatives are administered orally in conjunction with materials selected from the group consisting of citric acid, sodium or potassium citrate, other citric acid salts, sodium propionate, propionic acid, gallic acid, propyl gallate; extracts of marigold (*Calendula officinalis*); escins and other compounds from *Aesculus hippocastanum* seeds; extracts

of the fruit of *Kochia scoparia*, and the roots and other parts of *Aralia elata*; saponins, especially Theasaponin E1 from the the seeds of the tea plant (Camellia sinensis L.); extracts from bay leaf (*Laurus nobilis*), especially costunolide and its active component, alpha-methylene-gamma-butyrolactone (*alpha*-MGBL); proteinase inhibitor extracts from potato and soybean sources; a variety of oleanolic acid glycosides from many sources; also herbal combinations such as one consisting of yerba mate, damiana and guarana.

10. The method of claim 2 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount as the free acid, its lactone or as one or more of the salts or other derivatives of the free acid and is delivered in a controlled release form.

11. The method of claim 2 where the salts or derivatives are administered orally as a tablet or capsule wherein the contents of said capsule or tablet further comprise sodium bicarbonate, calcium carbonate, or potassium bicarbonate for producing carbon dioxide gas on contact with the stomach liquids wherein the amount of sodium bicarbonate, calcium carbonate or potassium bicarbonate is sufficient to cause the breakup of the capsule or tablet thus releasing the salts or derivatives, but insufficient to cause distension of the stomach.

12. The method of claim 2 where the salts or derivatives are administered orally as a tablet or capsule wherein the contents of said capsule or tablet further comprise sodium bicarbonate or potassium bicarbonate plus alginic acid; also capsules or tables containing sodium or potassium alginate.

13. The method of claim 2 where the salts or derivatives are administered orally as dry packaged powders designed to be mixed with water or juice and consumed between meals or prior to meals.

14. The method of claim 2 where the salts or derivatives are administered orally and are further encased in materials selected from the group consisting of gelatin, tapioca, gums, pectins, inulin, cellulose derivatives, alginic acid, dextran and dextrin for inclusion in thick drinks, soft-center bars and candies, pudding snacks, jelly-like confections, "gummy" deliveries and liquid meal

replacements.

15. The method of claim 2 where the salts or derivatives are administered orally in conjunction with materials selected from the group consisting of citric acid, sodium or potassium citrate, other citric acid salts, sodium propionate, propionic acid, gallic acid, propyl gallate; extracts of marigold (*Calendula officinalis*); escins and other compounds from *Aesculus hippocastanum* seeds; extracts of the fruit of *Kochia scoparia*, and the roots and other parts of *Aralia elata*; saponins, especially Theasaponin E1 from the the seeds of the tea plant (Camellia sinensis L.); extracts from bay leaf (*Laurus nobilis*), especially costunolide and its active component, alpha-methylene-gamma-butyrolactone (*alpha*-MGBL); proteinase inhibitor extracts from potato and soybean sources; a variety of oleanolic acid glycosides from many sources; also herbal combinations such as one consisting of yerba mate, damiana and guarana.

16. The method of claim 3 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount as the free acid, its lactone or as one or more of the salts or other derivatives of the free acid and is delivered in a controlled release form.

17. The method of claim 3 where the salts or derivatives are administered orally as a tablet or capsule wherein the contents of said capsule or tablet further comprise sodium bicarbonate, calcium carbonate, or potassium bicarbonate for producing carbon dioxide gas on contact with the stomach liquids wherein the amount of sodium bicarbonate, calcium carbonate or potassium bicarbonate is sufficient to cause the breakup of the capsule or tablet thus releasing the salts or derivatives, but insufficient to cause distension of the stomach.

18. The method of claim 3 where the salts or derivatives are administered orally as a tablet or capsule wherein the contents of said capsule or tablet further comprise sodium bicarbonate or potassium bicarbonate plus alginic acid; also capsules or tables containing sodium or potassium alginate.

19. The method of claim 3 where the salts or derivatives are administered orally as dry packaged

powders designed to be mixed with water or juice and consumed between meals or prior to meals.

20. The method of claim 3 where the salts or derivatives are administered orally and are further encased in materials selected from the group consisting of gelatin, tapioca, gums, pectins, inulin, cellulose derivatives, alginic acid, dextran and dextrin for inclusion in thick drinks, soft-center bars and candies, pudding snacks, jelly-like confections, "gummy" deliveries and liquid meal replacements.

21. The method of claim 3 where the salts or derivatives are administered orally in conjunction with materials selected from the group consisting of citric acid, sodium or potassium citrate, other citric acid salts, sodium propionate, propionic acid, gallic acid, propyl gallate; extracts of marigold (*Calendula officinalis*); escins and other compounds from *Aesculus hippocastanum* seeds; extracts of the fruit of *Kochia scoparia*, and the roots and other parts of *Aralia elata*; saponins, especially Theasaponin E1 from the the seeds of the tea plant (Camellia sinensis L.); extracts from bay leaf (*Laurus nobilis*), especially costunolide and its active component, alpha-methylene-gamma-butyrolactone (*alpha*-MGBL); proteinase inhibitor extracts from potato and soybean sources; a variety of oleanolic acid glycosides from many sources; also herbal combinations such as one consisting of yerba mate, damiana and guarana.